## ABSTRACT OF THE DISCLOSURE

An electric power monitoring system includes a source monitor for measuring momentary power output of an electric source supplying electric power to a power distribution system having at least one electric load. The momentary power output is compared with a reference load capability for the electric source to determine the ability of the electric source to support additional load, and load capability data is transmitted based on the load capability. At least one load control receives the transmitted load capability data and controls the supply of power to the at least one corresponding electric load based on the load capability data.